JANICE HUDSON IS ALL SMILES as she displays the new ten speed bike she won in the Virginia Lung Association (VLA) Walkathon. She collected $189.75 for her 25-kilometer walk on behalf of the VLA. Virginia Fibre Corporation was one of her sponsors.

Janice is the daughter of Mr. and Mrs. Billy Hudson of Route 1, Riverville. Billy is employed in the Finishing and Shipping Department at Virginia Fibre Corporation.

She is the grand-daughter of Mrs. L. B. Hudson of Appomattox.

HUDSON HOUSE CELEBRATES 5TH ANNIV.

Hudson House Day Activity Center, located on Woodrow St., celebrates its 5th anniversary on Thursday evening, March 16, at 7:30 p.m. with a special awards presentation evening.

Mrs. Eleanor Ragan, Director of Hudson House, announced that award cups will be presented to individuals, firms, and civic organizations who have made an outstanding contribution to the Center in personal services or contributions during 1977.

Two family awards will be presented to Mr. and Mrs. Percey Ewers and Mr. and Mrs. Benjamin Murray. One Lynchburg business firm, the Falwell Well Corp., will be recognized for its snow removal services to Hudson House. Two community organizations also to receive awards are Seven Hills Garden Club and Affiliate #11 of the Virginia Hairdresser's Association.

Individuals to receive awards are Peggy Adams, Ashton James, Ronald Rice, James Daniels, Cary Glover, William B. Taylor, III, Vicky Melton, Mildred Culpepper, Tracey Trent, Shelby Diffibaugh, Maxie Mehaffey and Cecilia Baer.

Hudson House Day Activity Center is a direct service program of Central Virginia Mental Health Services. The program is designed to offer socialization and rehabilitation to mentally handicapped persons 15 years of age or older. The oldest client attending at present is 73 years old, according to Mrs. Ragan.

Clients may refer themselves to the program or be referred by their family, doctors, counselors, or friends. The financial cost to the client is based on his ability to pay and is on a sliding fee scale.

The program on Thursday evening at 7:30 will consist of a play, one of the Mountain Jack Tales, "Jack and the Three Sillies," presented by the clients, followed by the presentation of the awards and refreshments.

Friends of Hudson House and interested citizens are invited to attend.

VA. FIBRE REPORTS WEEKLY WOOD PURCHASES

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending March 6, 1978. Purchases are listed by counties.

Albermarle	2,152.68
Amelia	1,440.37
Amherst	7,589.10
Appomattox	6,259.63
Augusta	—
Bedford County	1,006.90
Buckingham	7,041.41
Prince William	1,216.68
Rockbridge	590.20
Campbell	3,318.48
Charlotte	833.22
Cumberland	2,509.42
	711.43
Goochland	1,378.69
Louisa	674.35
Nelson	5,932.19
New Kent	—
Pittsylvania	867.79
Powhatan	1,087.63
Prince Edward	2,888.36
Total	47,498.63

We feel this information is of interest to our readers in Appomattox County and adjoining counties.

RECEIVES DEGREE IN PRACTICAL NURSING

Cynthia Farris Cabaniss of Appomattox was among 18 students of the Class of 1978 who graduated Monday, March 6 from Lynchburg General Hospital's School of Practical Nursing. The ceremony was held in the Nurses' Residence.

Dr. Ray Nelson, director of Lynchburg Training School and Hospital, was the guest speaker for the graduating exercises. Hospital executive vice president, Raymond E. Hogan, assisted by Beverly Ostrom, director of the School of Practical Nursing, awarded the diplomas. Dorothy Marshall, director of nursing education at the hospital, presented the pins.

Following the exercises, a reception was held in the Residence Library for the graduates, their families and friends.

FARM BUREAU CONCERN OVER ANTI-TOBACCO FORCES

RICHMOND - The Virginia Farm Bureau has expressed concern over legislation launched by anti-tobacco forces in this session of Congress.

VFB President Robert B. Delano today called upon Virginia congressmen to assist Farm Bureau leaders in opposing several measures currently before the House committees.

First, led by Secretary Joseph Califano, the Department of Health, Education and Welfare is proposing redirection of some $30 million in public funds to initiate an anti-smoking campaign.

Delano pointed out the appropriation would be used to attack unjustly the tobacco industry in Virginia and other states.

"A federal agency has no right to sustain an attack on an agricultural commodity that is vital to the economy of the Commonwealth," Delano said in a letter to House Appropriations Committee member J. Kenneth Robinson. "The next step could very well be against other agricultural commodities in the name of 'nutrition'," Delono wrote.

Anti-tobacco forces also have begun an effort to increase substantially the federal excise tax on cigarettes in order to discourage cigarette bootlegging.

"We urge you to oppose these discriminatory taxes against an agricultural commodity that is vital to the economy of Virginia and the tobacco producers of the Commonwealth," Delano wrote House Judiciary Committee member M. Caldwell Butler.

"To discourage bootlegging," Delano said, "We feel it would be wiser to strengthen and enforce criminal penalties for such violations of law rather than penalize all of those who purchase cigarettes."

Virginia Energy News

The Virginia Energy Office will sponsor four Health Care Facility Energy Conferences for hospital and nursing home administrators, finance directors, architects and engineers. A leading authority on health care facility energy management, Fritz R. S. Dressler, will present each conference.

Presented in cooperation with the Virginia Hospital Association and the Virginia Health Care Association, the Conferences will be held in Richmond, March 22 at the Hyatt House; Arlington, March 23 at the Key Bridge Marriott; Roanoke, March 29 at the Hotel Roanoke; and Norfolk, March 31 at the Omni Hotel. Each conference will begin at 8:30 a.m. and end at 5:00 p.m.

Each Conference will include discussions on energy legislation and programs for health care facilities; how to collect and analyze energy date; practical energy savings; and how to organize for energy management success.

To register for a Conference, call the Virginia Energy Office toll-free: 1-900-552-8831. Advance registration is requested.

FIDELITY RANKS NEAR TOP

The annual returns on Fidelity American Bank's corporate bond fund for retirement plans rank near the top in the nation according to an article in Pension and Investments, a national magazine for corporate investors. Managed by the bank's trust department, the fund's returns were rated among 123 banks and insurance companies surveyed by the magazine.

The February issue of the magazine reported that raw computations prepared by the Massachusetts firm of Rogers, Casey and Barksdale showed Fidelity's one-year return to be 5.7% and the three year annual return to be 13.9%. This places Fidelity in eighth place among the companies reporting their annual rates.

HIGHWAY SAFETY QUIZ

Q If a driver's signal lights fail to work does he have to fix them immediately or can he just rely on hand signals?

A It is unlawful to operate any motor vehicle on a public road that has any device or equipment that must meet safety requirements that is defective or in unsafe condition. In an emergency where signal lights have suddenly failed hand signals should be given.

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"The South 40"
by JAMES A. SMITH
EXTENSION AGENT

The Southern Piedmont Forage Conference scheduled for Thursday (today) at Blackstone is an important event for all cattlemen because this is a forage county. This is an event for everyone to attend.

* * *

A lot of people are straining at the harness to get going with their gardens.

There's a lot of information on a package of seed - read it closely. It will tell you about:plant size, days to maturity (for vegetables), when to plant, depth to cover seeds and optimum distance between plants.

Save the packages to mark rows.

* * *

A group of UT animal scientists have developed an enema solution for sick beef cows that calve in winter and are short in body magnesium. This is because the cows are grazing immature, fast-growing pasture, and the grass is short of available magnesium.

The enema is made up of five rounded tablespoons of magnesium chloride and a half pint of warm water. DO NOT substitute magnesium sulfate (epsom salts).

The material is injected into the rectum of the cow with a plastic squeeze bottle and semi-flexible tubing. This is an emergency treatment to save a cow that may die before professional help can arrive. Use it when you suspect grass tetany - a nervous cow - usually an older one that calved a few weeks earlier.

Better yet, get the herd a preventive of ½ to 1 ounce magnesium sulfate daily.

* * *

Economists of N.C. State report significant reductions of the farmers share of retail bread prices. Although wheat prices fell sharply last year, retail bread prices stayed about the same. The average one-pound loaf sold for 35.5 cents. The farmer received 2.6c for the wheat, a cent less than in 1976 and 2c under 1975. The farmers' share represented 7% of the retail price and the lowest since 1932.

Since 1970, the retail price of bread has increased about 11c per loaf. A tenth of this increase resulted from increased ingredients costs. The other 90% came from price spreads in flour milling, baking and distribution.

* * *

It takes only 45 days from time of planting a zucchini squash seed until its ready for harvest.

One plant will produce four ¼ pound squash each week for six to eight weeks. At that rate and if squash are selling for 30c per pound, each plant would be worth $1.80 to $2.40.

Remember, zucchini squash can be frozen or dried.

* * *

Want the latest in vegetable variety recommendaitons, then come by or call for a listing.

* * *

MISS WHITE'S 4-H

The monthly 4-H meeting of Miss White's 5th Grade class was held on Tues., Mar. 7, 1978.

We learned about the Metric Measure system from Milly Metric played by Miss Hudson, Granny Gram, played by Miss Smith, and Lilly Leader, played by Miss Smith.

Afterwards, Miss Hudson showed us how to make a delicious cookie, called Chewy Charlie. We were given recipes to take home.

Wanda Fleshman, Reporter

DIAL GOOD NEWS
352-7900

Tomato 'Floramerica' Hybrid
All-America Selections Bronze Medal 1978

For years, gardeners have had to accept tall vines and a sparse set of fruit as necessary evils accompanying large-fruited tomato varieties.

Now comes 'Floramerica'. On good soil it will produce fruits of 8 to 12 ounces in weight; slices of such whoppers will easily cover a hamburger bun. But, equally important, the vines are medium sized and loaded with fruit. (Technicians call the vines "large determinate".)

'Floramerica' is a midseason tomato because time is needed for the huge fruits to mature. But don't be fooled into training vines up tall stakes. Four foot stakes are adequate; in fact, the best support is a low cylinder of edging fence.

With resistance or strong tolerance to sixteen tomato diseases or defects, including verticillium and fusarium Race 1 and 2, 'Floramerica' will be appreciated by organic gardeners and in gardens where tomatoes are often crippled by harmful fungi and bacteria.

'Floramerica' fruits are deep red and vary from round to slightly flattened. They can be eaten fresh or processed for juice or whole pack. No special claims for mildness or acidity... just meaty-textured, good flavored tomatoes of exceptional size and rich red color.

Nearly fifty spinach seeds sprouted in less than a foot of row to create this crowd of seedlings. Of course, the gardener should have planted the seed ½ to 1 inch apart as directed by the seed packet, but he didn't. So what should he do now?

Thin the seedlings to leave only six per foot of row, then pull most of them to eat when they are half grown. Leave only one or two to grow to full size.

Seedlings this small can be transplanted. Dig and rake a row level to accept the seedlings. Wet down the seedling row thoroughly and let it drain for a day. Then, pry up a trowel full of seedlings. Gently shake them apart and rapidly set them into holes punched six inches apart in the new bed. Work rapidly to keep roots from drying out and wet down the transplanted seedlings before they begin to wilt.

CAMP EASTER SEAL

At Camp Easter Seal, located in the heart of the Blue Ridge Mountains, Handicapped boys and girls may experience new thrills and accomplish new feats among the serenity and beauty of what is referred to by campers as the "Valley of Miracles."

The opportunity to horseback ride trhrough pine-scented valleys of age-old mountains is a rare experience for a handicapped child. The challenge of learning to swim in a temperature controlled pool stimulates many campers into pursuing this sport long after the camping season is over. The feeling of accomplishment in paddling a canoe silently along peace and solitude of a secluded mopuntain valley, add the security of sincere friendship, an atmosphere of worth belonging, and the thrill of true accomplishment. Surely, there is reason to believe that this is the "Valley of Miracles."

Eligibility - Regular Camp: Any child or youth between the ages of 8 and 17 years who is resident of Virginia and handicapped. **Speech Camp:** Boys and girls between the ages of 8 and 14 years in need of speech therapy. **Adult Camp:** A specialized program developed especially for more mature campers 17 years of age anmd older who enjoy trhe fun and fellowship of camp life.

For applications and more information, write to the Easter Seal Center, 125 Buena Vista Circle, South Hill, Virginia 23970 or Call 447-4461.

We are looking for organizations or individuals who are interested in sponsoring children for camp. There is no better way to give of yourself than to enrich a handicapped childs life with an experience such as this.

beautiful Craigs Creek can be measured only in the expressions of a child's face.

To these accomplishments, add the joy of living in the out-of-doors with your new friends, fellow campers, and counselors. The realization that you are not along in a world of crutches, braces, and wheelchairs lends a type security that is unknown in a less unique setting.

Children tend to assume that once school adjourns for the summer vacation the learning experience is set aside for a few months. However, as a camper at Camp Easter Seal, you will gradually begin to realize that this is a false assumption. The fun of learning about the exciting world of nature through nature recreation sessions, or the excitement of learning new skills in Camperaft, and then usng them during an overnight campout, soon defeats any ideas about fun and learning not being compatible.

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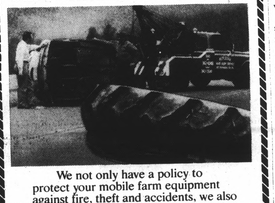

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